

**net carbs from fiber may not being digestable / usable....per google search** "what is the difference between carbs from fiber and carbs from starch?" answer: Can you cancel out carbs with fiber?

Fiber is a type of carbohydrate that your body can't digest, so you should subtract the grams of fiber from the total carbohydrate. On Nutrition Facts food labels, the grams of dietary fiber are already included in the total carbohydrate count.

additionally an article entitled "When a Carb's Not a Carb: The Net Carb Debate" <https://www.webmd.com/women/features/net-carb-debate> says When is a carb not a carb? That's the question many carb-conscious dieters are facing as they struggle to keep their carb counts within the strict limits

- food manufacturers have invented a new category of carbohydrates known as "net carbs," which promises to let dieters eat the sweet and creamy foods they crave without suffering the carb consequences -there is no legal definition of the "net," carbs - only carbohydrate information regulated by the FDA is provided in the Nutrition Facts label, which lists total carbohydrates and breaks them down into dietary fiber and sugars. Any information or claims about carbohydrate content that appear outside that box have not been evaluated by the FDA. it's unclear whether counting net carbs will help or hurt weight loss efforts.

What's in a Net Carb?

The concept of net carbs is based on the principle that not all carbohydrates affect the body in the same manner. carbohydrates, such as the fiber found in whole grains move slowly through the digestive system, and much of it (carbohydrates) isn't digested at all (insoluble fiber). IT HAS NOT BEEN PROVEN THAT THE CARBOHYDRATES FROM WHEAT FIBER IS NOT DIGESTABLE..???

$\$4 \div 8 = 50¢$   
cost each

Amount per serving	% Daily Value*
<b>Calories 70</b>	
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 15g	54%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.6mg	4%
Potassium 20mg	0%

**MISSION**  
**CARB BALANCE**  
FLOUR TORTILLAS

We've balanced high fiber with lower carbs and zero sugar for a great tasting soft tortilla that you can feel great about eating.

✓ **4G NET CARBS PER TORTILLA**  
✓ **HIGH FIBER**  
✓ **70 CALORIES PER TORTILLA**

**Flour Tortillas**  
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\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHEAT FLOUR, MODIFIED WHEAT STARCH, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, TAPIOCA STARCH, SUCRALOSE (INTERESTERIFIED AND HYDROGENATED SOYBEAN OIL), WHEAT GLUTEN ISOLATE, CONTAINS 2% OR LESS OF: SALT, BAKING SODA, COMMERCIAL PHOSPHATE, CELLULOSE GUM, PROPIONATE AND SORBIC ACID TO MAINTAIN FRESHNESS.

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